

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Child sexual abuse or CSA is a form of child abuse involving sexual intercourse. CSA does not always sexual intercourse between the perpetrator and the victim. It can be appeared in many forms, like exhibitionism, take a picture of the victim, etc. These forms of sexual abuse caused depression, difficult to build a relationship with other, low self-esteem, and unhealthy behavior. In some cases, the victim of sexual abuse experienced Post-Traumatic Stress Disorder (*The Rape, Abuse & Incest National Network Organization, 2015*).

Child sexual abuse issue is worsened nowadays. On average, there are 321,500 victims of CSA each year in the United States. Men and boys are also affected by sexual violence. About 3% of American men or boys have experienced sexual assault in their lifetime. Sexual assault can also make long-term effects on the victims. 94% of women who are CSA victim experience PTSD symptoms, and 33% of CSA victim contemplate suicide.

Post-Traumatic Stress Disorder or PTSD occur and develop after someone cannot escape from terrifying event, get severe physical or mental harm, or they got threatened. Generally, the PTSD symptoms of CSA show up at their teen-age (13 to 17 years old) or adulthood. An American professor in the field of psychiatry, Elizabeth A. Brett, develops the concept of PTSD based of

psychoanalysis by Freud. Brett (1993) stated the classical model of traumatic symptoms is the repetition compulsion by Freud. In present, there are three main symptoms: re-experiencing the trauma through flashbacks, nightmares, and distressing recollections of the nightmares; emotional numbness and avoidance of places, people, and activities that remind the victim of trauma; and difficulty of sleeping and concentrating, feeling jumpy, and being easily irritated and angered (*Anxiety and Depression Association of America, 2012*). The instant emotional effects of abuse and neglect, such as isolation, fear, and an inability to trust, low self-esteem, relationship difficulties, depression, and anxiety can interpret as lifelong psychological consequences (*Long-Term Consequences of Child Abuse and Neglect, 2013: p.4*). Depression and anxiety here caused unhealthy behavior like self-harm which they used as a getaway from their life problems (O'Hare, Ce Shen, and Sherrer, 2015). The victim may not harm themselves to relieve their feelings and anger if the victim has someone they can trust, like a mother.

Mother's role in this situation is as well an important indicator for the growth and mental development of the victim. The neglect of a mother who is the closest person to the victim worsened the victim's mental health. Mother of sexually abused children described in various ways in the professional literature: collusive, rejecting, disbelieving, unaware, inattentive, or secondary victims (Plummer & Eastin, 2007). If the neglect happens continuously, it will affect the victim's mental health and lead to mental disorder.

Psychoanalysis, can be used as a therapy to cure mental disorders through human unconscious conflicts based on the free association, dreams, or fantasies of

the patient, including the victim of CSA who experienced PTSD. The aim of psychoanalysis therapy is to release repressed emotions and experiences of the patients and commonly used to treat depression and anxiety disorders. In this case, the implementations of this therapy for PTSD patients result in patients' mental recovery. Mostly, the therapist will do the therapy to the patient and slip into their unconscious mind to gaining their "insight" and "fixed" the problems (e.g fear, trauma, anxiety) there. Gaining the "Insight" here means to make the patient aware of the source of the emotion, of the original traumatic event (Freud in C.George Boeree, 2006; p.16).

According to Children's Bureau (2012), one of many treatments that cures children with trauma is Trauma-focused Cognitive Behavioral Therapy, or TF-CBT in short. TF-CBT is an evidence-based treatment approach shown to help children and their caretaker to overcome trauma. The treatment is designed to reduce negative emotional and behavioral responses following CSA, domestic violence, traumatic loss, and other traumatic events. TF-CBT uses three treatment approaches to cure the trauma: Cognitive therapy which aims to change the victim behavior by addressing a victim's thoughts or perceptions that create distorted or unhelpful views; behavioral therapy which focus on modifying habitual responses to identified situations or stimuli (e.g. anger, fear, anxiety); and family therapy which examines patterns of interactions among family members to identify and alleviate problems (*Trauma-Focused Cognitive Behavioral Therapy for Children Affected by Sexual Abuse or Trauma*, 2012). Meanwhile, in psychoanalysis there are some technique of therapies to cure the victim's mental disorder: Free

association, resistance, dream analysis, transference, catharsis, and insight (Freud in C.George Boeree, 2006; p.15-16). In addition to cure, those therapies can also be used to construct or shape patient's personality and behavior.

Freud argues that human personality constructed within the psychic apparatus. There are three basic characteristics of human identity based on psychoanalysis by Freud. First is the Id, that functions based on the pleasure principle, which is completely in unconscious mind and involves the two instincts, Eros and Thanatos. Second is the Ego, which is completely in conscious mind and part of the Id modified by the influence of the reality principle. The Id and Ego conflict cause an anxiety. For protection, ego uses defense mechanism (Freud in C.George Boeree, 2006; p.7). The third is superego, which completely in preconscious mind and works to hold out the ego ideal standards and moralistic goals (*Beyond the Pleasure Principle*, 2003; p.99-111). Although Freud used word 'personality' instead of 'identity', many research uses this term.

Freud also argues that someone personality can be seen from five stages of psychosexual development. The five stages are following: Oral stage, Anal stage, Phallic stage, Latency stage, Genital stage. Freud felt that traumatic experiences had an especially strong effect on the victim. If someone fails to pass one of those stages, Freud believed there will be a fixation. Fixation gives long-term effect in terms of our personality or identity. Relates to CSA, it is difficult for the victim to construct their identity.

Then Freud (1990) in *The Interpretation of Dreams* considered dreams to be the 'royal road to the unconscious' as it is in dreams that the ego's defenses are

lowered so that some of the repressed material such as emotions and experiences comes through to awareness. Dreams are worked by wish fulfillments and divided into two contents: the manifest content is the conscious description given by the dreamer, meanwhile the latent meaning refers to its unconscious material (p.44). Freud argues that people who are suffering from a traumatic event, in this case CSA victim who experienced PTSD will follow the principle of repetition compulsion rather than wish fulfillment (Freud in G.Feist & J.Feist, 2008, p.49). The dreams usually will appear in distorted form, like the symptoms of PTSD (Freud, 1990; p.48).

The self-identity construction of PTSD survivor has been presented in a young adult fiction novel by Alex Sanchez titled *Bait*. This novel was inspired by the cases of CSA victims who experienced PTSD. *Bait* tells a story about Diego MacMann a teenager from Mexico who became a victim of CSA and experienced PTSD. Diego has been abused by his stepdad, named Mac, and tried to tell his mother about what Mac did to himself, but Diego's mother disbelieving him and rejecting the things that Mac did toward Diego. Diego is self-harming himself to relieve his feelings and anger, become an isolated boy and difficult to trust anyone, and cannot control his anger that leads him to juvenile court for probation and meets Mr. Vidas as his probation officer. Through Mr. Vidas, Diego tries and successful to reveal his past traumatic events and escape from the trauma that haunted him during this time, fix his relationship with his mother, and search his identity.

Alex Sanchez through this novel reflects the real life, experiences, conflicts, and feelings of CSA victim who experienced PTSD. The victim is struggling to escape from their trauma and searching for their self-identity. As in *Bait*, the symptoms of PTSD appears in Diego. He always re-experiencing the trauma through flashbacks and nightmares makes Diego difficult to sleeping and concentrating, and always feeling jumpy, and being easily irritated and angered. But in the end, Diego as a victim change into a survivor to survive from his trauma and searching his identity. The writer chooses this novel as her corpus because the issue in this novel quite similar with the topic she wants to study.

Bait was created by Alex Sanchez, an American-Mexican author of award-winning novels for teens and adults. From his life and work experience, Sanchez's works explore themes of love, friendship, coming of age, and LGBT questioning youth. Sanchez received his master's degree in guidance and counseling from Old Dominion University and for ten years worked as a youth and family counselor both in the United States and overseas. He began to write in college with an unpublished children's picture book. During his job as a counselor, Sanchez began to write a novel about gay teens and their families, and through his books, he wanted to tell and increase people's awareness about LGBT and CSA issues in youth. Sanchez famous young adult novel such as *The God's Box*, *So Hard to Say*, the trilogy of *The Rainbow Boys*, and *Bait*.

There are several previous related studies of self-identity in literature from a psychoanalysis perspective; one of them is in the journal article by Wang Xiaoyan titled "The Identity Construction and Split Self of Eliza in *Pygmalion*" from

Central China Normal University, China (2008). In this journal, Xiaoyan wants to show how Eliza overcome her mental disorder and construct her identity in *Pygmalion*. In Xiaoyan research, according to psychoanalysis theory, she finds out that Eliza constructs her identity through “treatment” based on Freud and Lacan’s theory. Then another study was conducted by U. H. Ruhina Jesmin, from Khulna University, Bangladesh (2012), entitled “Eros and Thanatos in the Psychological Process of Paul Morel: Diversity in Paul’s Psyche”. This study attempts to analyze Paul Morel’s instinctual drives towards his life problems in the light of psychoanalysis. These two previous related studies have similarities in the theory that the researcher used to analyze the issue. The other study was conducted by Elizabeth A. Meyer Christensen entitled “The Construction of Self in an Adult Survivor of Childhood Sexual Abuse”, from University of New Orleans (2011). Based on the journals, clinics, and also Christensen’s experience asserts that rape creates a kind of death. The victim of child abuse, particularly CSA have to spend much time in therapy searching for the self who had been present before the abuse began.

Developing three previous related studies, the aim of this study is to analyze how Diego’s self-identity is constructed as a Post-Traumatic Stress Disorder survivor, through the psychoanalysis approaches by Sigmund Freud and Brett’s concept of PTSD. Based upon the issue in *Bait* by Alex Sanchez, Freud’s theories of psychoanalysis are suitable to investigate the issue.

1.2 Research Questions

How Diego's self-identity is constructed as a PTSD survivor?

1.3 Purpose of the Study

The purpose of this study is to analyzing how Diego construct his self-identity in Bait by Alex Sanchez novel from the viewpoint of psychoanalysis by Sigmund Freud.

1.4 Scope of the Study

This study focuses on analyzing the narrations that show the symptoms of PTSD that effect Diego's personality and behavior, and his social life, and how Diego's self-identity is constructed using psychoanalysis Sigmund Freud.

1.5 Significance of the Study

This study is expected to be useful for researchers who want to develop this study in the future as their academic research. The writer hopes the result of this study will extent her and the readers understanding about psychoanalysis theory proposed by Sigmund Freud and how it is applied in literary works.